

Things to Do in Ise-Shima

Ise-Shima National Park offers a wide array of outdoor, cultural, and culinary activities.

Throughout the year, visitors can enjoy marine activities on the calm waters of Ise-Shima's bays. Guided sea kayak or paddleboard tours are available to explore the shoreline, and snorkeling and diving tours offer opportunities to view the diverse aquatic life under the ocean's surface. Pleasure cruises around Ago Bay are a relaxing way to experience the area's intricate coastline. For something more adventurous, ride in a water ball—an inflatable, transparent ball towed across the bay by boat—or get a bird's-eye view of the region's diverse landscapes while skydiving.

The park contains a number of trails suitable for hikers of various skill levels, many of which offer panoramic views of the surrounding seascape. These include a trail that leads to the park's highest peak, Mt. Asama, which rises to a height of 555 meters. Cyclists can join guided tours of fishing villages, or rent a bicycle and set off on their own.

Visitors can try their hand at fishing, pearl harvesting, or making pearl accessories. There are also opportunities to learn about the history and traditions of Ise-Shima's *ama* (female free divers). For thousands of years, these divers have been harvesting seaweed and shellfish without the use of breathing apparatus. Enjoy a deep dive into the life of the *ama* with a visit to one of their divers' huts, where visitors can chat with these free divers while dining on freshly grilled seasonal seafood.